



Loder Senior Center / 570.420.3745

September 2016 Activities Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
<p>*BLOOD PRESSURE SCREENINGS WILL BE HELD ON THE FOLLOWING THURSDAYS FROM 10AM - 11AM</p> <p>~</p> <p>September 1st September 22nd</p>	<p>SOCIAL TIME - CARD GAMES WII BOWLING - COFFEE & TEA</p> <p>~</p> <p>MONDAY THROUGH FRIDAY 8AM UNTIL 1:30PM (unless noted otherwise)</p>	<p>September</p>	<p>1 10:00 ~ Exercise Session ("Arthritis" program)</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>2 *PICNIC @ "the Roof" (Paradise Valley)</p> <p>~</p> <p>10am to 2pm **all Senior Centers here today!</p>
<p>5 SENIOR CENTER CLOSED</p> <p> ~ Labor Day Holiday</p>	<p>6 10:00 ~ YOGA</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>7 10:00 ~ Exercise Session ("Yoga Stretch" program)</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>8 LODER CENTER CLOSED</p>	<p>9 11:30 ~ Lunch</p>
<p>12</p> <p>11:30 ~ Lunch</p>	<p>13 10:00 ~ YOGA</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>14 10:00 ~ Exercise Session ("Yoga Stretch" program)</p> <p>11:30 ~ Lunch 1:00 ~ "Dance & Movement"</p>	<p>15 10:00 ~ Exercise Session ("Arthritis" program) 11:00 ~ "Injury Prevention" (Prime Time Health Presentation) 11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>16 11:30 ~ Lunch</p>
<p>19</p> <p>11:30 ~ Lunch</p>	<p>20 10:00 ~ YOGA</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>21 10:00 ~ Exercise Session ("Yoga Stretch" program)</p> <p>11:30 ~ Lunch 1:00 ~ "Dance & Movement"</p>	<p>22 10:00 ~ Exercise Session ("Arthritis" program) 11:00 "Fitness & Injury Prevention" (Prime Time Health Presentation) 11:30 ~ Lunch / 12:30 ~ B-I-N-G-O</p>	<p>23 11:30 ~ Lunch</p>
<p>26 10:00 ~ Exercise Session ("Arthritis" program)</p> <p>11:30 ~ Lunch</p>	<p>27 10:00 ~ YOGA</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>28 11:30 ~ Lunch</p> <p>1:00 "Dance & Movement"</p>	<p>29 10:00 ~ Exercise Session ("Arthritis" program)</p> <p>11:30 ~ Lunch 12:30 ~ B-I-N-G-O</p>	<p>30 11:30 ~ Lunch</p>